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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-44)//  
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
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HEADLINE: Caring Sailors Aid Impaired Citizen  
NNMC Bethesda, MD (NSMN) -- Much has been written about the public's unwillingness to "get involved." That syndrome was graphically demonstrated at 1245, 20 October, when an elderly man collapsed on the sidewalk on busy Wisconsin Avenue in front of the National Naval Medical Center, and folks just kept on driving by ...

... except Machinist Mate Fireman Michael Nason and Mineman 2nd Class Eugene Lynch, that is. They pulled their truck right onto the sidewalk and got out to help. They ascertained that the man had gotten lost trying to find his son's house, had gotten dizzy, then fallen. They checked him out, coaxed him into getting into their truck, then brought him to NNMC's Command Duty Officer's desk.

When it was determined the gentleman was not injured, they called his son and told him what had happened, got the son's address, then got a cab to take the man home, after making sure he had enough money to pay the cab driver. "If he hadn't," said Lynch, "they would have given it to him."

LCDR Jamie Miller, officer in charge, Personnel Support

Activity Detachment (where Nason and Lynch work), was so impressed she wrote a Letter of Commendation.

Nason and Lynch, however, were not impressed. Lynch said, "Helping is just human nature. I hope someone would do the same thing for my grandfather."

Nason put it this way: "Anybody would have done the same thing."

If that's the case, why did everyone else drive by?  
Story by Teal Ferguson

-USN-

#### HEADLINE: DOD Offers Mail Order Pharmacy

NAVHOSP Jacksonville, FL (NSMN) -- CHAMPUS eligible beneficiaries can now order up to a 60-day supply of maintenance medications and five refills through a new Mail Order Pharmacy Program.

Congress directed the Department of Defense to test the program for a two-year period. DOD selected the states of New Jersey, Pennsylvania, Delaware, South Carolina, Georgia and Florida. This new program is designed to make obtaining prescribed medications more convenient, according to CDR Charles Hostettler, department head of Naval Hospital Jacksonville's pharmacy.

"Many of our beneficiaries take maintenance medications to help them control conditions such as high blood pressure, diabetes or asthma," said Hostettler. "Mail order pharmacy provides the CHAMPUS eligible patient a convenient choice to obtain their prescription benefits."

Mail Order Pharmacy will surely benefit thousands of beneficiaries, especially those living some distance from the hospital or those taking medications not stocked at the naval hospital.

All drugs approved by the Food and Drug Administration can be ordered through the program. This includes birth control pills, insulin, insulin syringes, blood and urine test strips and even nicotine patches, which are traditionally not available at military pharmacies or covered by CHAMPUS.

Generic drugs are used unless no generic equivalent exists for the brand name drug.

Prescriptions marked by your provider as "Dispense As Written" only, but for which a generic equivalent exists, will be rejected and are not covered by the program.

Prescriptions for narcotic medications are limited to authorized civilian prescribers only and to a 30-day supply.

The cost per prescription under the program is \$4 for active duty family members and \$8 for retirees and their family members. Medications are delivered free of charge.

In the Jacksonville area, the program is only for those people eligible for CHAMPUS benefits. Medicare eligible patients in areas designated as "BRAC" sites can use the program, but right now, there are only two areas so designated.

Medicare eligible beneficiaries who live within the areas of the former Homestead Air Force Base in Florida and Myrtle Beach Air Force Base in South Carolina are the two areas where Medicare

eligible beneficiaries can take advantage of the Mail Order Pharmacy Program.

Typically, prescriptions are filled within 48 hours of receipt and delivered to the patient within 10 working days.

Patients who are taking long-term medications should request from their physician two prescriptions -- a short term prescription, ideally for 10 days, to take to a local pharmacy and another prescription, up to a 60-day supply, for the Mail Order Pharmacy.

CHAMPUS beneficiaries must be registered under DEERS in one of the six test states to be eligible for the program. CHAMPUS-eligible beneficiaries in these states will be mailed information about this program later this month or in early December.

If you wish to use this benefit now, or would like to register for the program, you may call 1-800-MED-CHAMP (1-800-633-2426) and a customer service representative will be standing by to assist you between the Eastern Time hours of 0830 and 2030, Monday through Saturday; 0830-1430 Sunday and holidays.

Story by HM2 Ed Totanes

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HEADLINE: Same Day Surgery Unit Opens at USNH Yokosuka

USNH Yokosuka, Japan (NSMN) -- Acting Executive Officer CAPT Kris Minnick cut the ribbon on U.S. Naval Hospital Yokosuka's new Same Day Surgery Unit with Division Officer LT Velma Montgomery, Ward 5B Division Officer LT Judy Cox, and the ward's first patient, ET3 Kevin Meyer of USS Blue Ridge.

Meyer, who had a tonsillectomy that day, was speechless.

The next day, however, he had a lot of good things to say about the service he received. "It was outstanding; 4.0."

About the staff: "They were friendly, outgoing, and knew what to do. I never even felt the IV go in. They're a bunch of professionals."

According to Montgomery, the Same Day Surgery Ward has been well-received by patients and staff alike.

Patients appreciate the convenience, said Montgomery. "It allows them to plan time away from work." It's less time-consuming for patients checking in and out, too, said Montgomery.

The hospital staff sees the ward as a more efficient use of resources and enhances access for those hospitalized inpatients who qualify for Same Day Surgery.

"You must meet certain criteria to be a candidate for Same Day Surgery," said Montgomery. "That begins with the physicians."

The ward, which opened 11 October, saw patients from general surgery, gynecology, orthopedics and ENT (Ear, Nose and Throat) in just its first week.

According to Meyer, "The staff is very concerned, very outgoing. They helped me understand everything. This is a facility I'm very comfortable with."

Other members of the Same Day Surgery Unit team include Ms. Nadvornik, HM3 Binas and HM3 Jordan.

Story by Bill Doughty

-USN-

HEADLINE: HEALTHWATCH: Butler Helps Others Break the Habit  
USS L.Y. SPEAR (NSMN) -- "Folks rush in here after they've quit smoking saying, 'Barbara, Barbara, I'm stressin' and I'm messin'.' So I give them a few tools to keep them from 'messin'.'"

HM2 Barbara Butler is the smoking cessation coordinator aboard submarine tender USS L.Y. Spear (AS 36). She's been teaching the Thursday afternoon shipboard sessions since May 1994.

The project is relatively new to Spear, and Butler jokes that the ship has some of the best nervous nailbiters and foot- and finger-tappers in the fleet: sailors who simply want to quit smoking.

"People can't stop smoking just like that," she said. "They'd fight with everybody. One time, a guy ran into medical begging: 'Give me something -- I gotta have something.' I thought it was a medical emergency. Turns out that he forgot to get his Nicoderm Transdermal System (the patch) prescription refilled."

Butler has never experienced a smoking addiction. In her four-week curriculum, she relies on the personal experiences of ex-smokers aboard Spear as well as graphic color photos of how smoking affects the gums and lungs. "I smoked a cigarette once," she said. "I started coughing and wheezing. Never, never again."

The week of this article, her class consisted of just one student, in his second week of the de-smoking class. He sat close to the candy container. It was "patch day" and the student was in "finger-tap heaven." Butler first inquired about his health.

"Stressed," he told her. "And I've got this awful cold, too. But this week, I don't have the chest pains like before."

Butler informed him that smoking and stress are linked. "If you're stressed," she said, "you'll smoke." She suggested that the Sailor practice some easy stress management techniques.

"Take deep breaths to take down the tension," she added. "Practice body scanning. Concentrate on your muscle aches. Pay attention to those tension zones and relax."

The Sailor closed his eyes tightly and took deep breaths. "It's best that you set your own pace," she added. "The workload may not get lighter, but you have to look out for yourself."

"People feel stressed when they are not in control of a situation," she said. "They should take a walk, run, listen to music, clean the house or shout. This will lower your stress level. I go into the bathroom and scream. I feel good, but everybody else around me thinks I'm crazy."

Butler then distributed handouts on the use of the Nicoderm patch and chewing gum. "This is powerful medicine," she cautioned. "If you smoke, it'll make you sick. If you smoke now, you run the risk of having a heart attack or being dropped from the program."

"I'll wear my patch on Saturday morning," said the Sailor. "I still want to smoke the two packs of cigarettes I have left."

Will you give me enough patches so I won't have to come back" he chuckled.

"No," she answered, "but I'll give you enough information so that you won't be apprehensive or afraid to use the patch or the gum.

"And, while you're here," she said. "we'll give you something for your cold."

Story by JO1 Chris Price, reprinted from The Flagship, 1 SEP 94  
EDITORS NOTE: Navy Smokeout Day, 17 November, marked the beginning of a smoke-free, or attempted smoke-free life for many people. Tips on how to stay quit might be useful as the stress of the holidays mounts.

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3. Changes of Command: Information on new assignments of Navy Medical Department leaders.

HEADLINE: Naval Hospital Changes Hands

NAVHOSP Bremerton, WA (NSMN) -- A Navy captain who most recently served as commanding officer of Fleet Hospital Six in Zagreb, Croatia, assumed the commanding officer position at Naval Hospital Bremerton during a change of command ceremony held 24 October 1994.

The new commanding officer, James A. Johnson, relieved CAPT Barbara A. Mencik, who had served as interim head of the hospital since July of this year. Mencik now fills the position of executive officer.

The formal Change of Command Ceremony took place in front of the hospital's main entrance. Guest speaker at the ceremony was retired RADM Robert Higgins, a former chief of the Medical Corps and deputy surgeon general for the Navy.

Johnson is a native of Wilmington, NC, and entered the Navy in 1966 through the Ensign 1915 Program. Among his military assignments include USS New Orleans; Marine Corps Recruit Depot, San Diego; Naval Hospital Camp Pendleton, CA; Naval Hospital San Diego; and a tour in Washington, DC, as the Deputy Chief of the Medical Corps. A surgeon, Johnson, obtained his undergraduate degree in biology/chemistry at Oberlin (OH) College and his medical degree at the University of Rochester, Rochester, NY, and served both his internship and residency at the University of California at Los Angeles.

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HEADLINE: Smyth Takes Command of NNDC

NNDC Bethesda, MD (NSMN) -- "Captain James Shanley, I relieve you." With these six words, CAPT Robert N. Smyth, DC, became commander, National Naval Dental Center on 26 August.

"I would never have dared," said Smyth during his comments at the change of command ceremony, "as a young lieutenant-resident here in the early '70s, or as a commander on the Navy Dental School's endodontic staff in the early '80s, to dream that I might some day have the extreme privilege of returning as its commanding officer."

Smyth comes to NNDC from his position as deputy assistant

chief, Bureau of Medicine and Surgery for Dentistry, and as deputy chief, Navy Dental Corps.

"Those who know me well," Smyth continued, "know that I believe quality is everything. In real estate, many believe that location is the single most important factor in measuring the quality and ultimately the price of property. I believe, in Navy dentistry, that the single most important factor in measuring the success of a dental command is the quality of its people."

RADM R.P. Morse, DC, chief, Navy Dental Corps (Smyth's former boss) commented on the people that Smyth will be working with. "There are more fully trained and boarded people in every specialty of dentistry than probably any dental school in this country, or, for that matter, the world. Those trained at this facility to practice, teach and mentor throughout the Navy and Marine Corps are sought after in retirement to be faculty members at many of the premiere dental schools of this country."

Morse then turned his attention to Shanley. He said Shanley helped maintain the Naval Dental School at the pinnacle of graduate dental education.

"Long before 'jointness' was a buzz word, he began to capitalize upon the school location by integrating access to previously competing educational resources. Now mutually beneficial joint ventures take place with Walter Reed Army Medical Center, USUHS, Armed Forces Institute of Pathology and other prestigious health care institutions in the area."

Shanley had two favorite projects while in charge. The first was the re-establishment of the master's degree program at the Naval Dental School after 20 years. The second project was the modernization of the dental facilities, including construction of a clinic at the AEGIS facility, Wallops Island, VA, and the major renovation at Branch Clinic Quantico, VA.

"If I could sum up my experiences of the past 39 months," said Shanley, "In the words of the management guru Tom Peters, whose charge to those who would undertake to lead: 'First and foremost a leader must be a cheerleader for his organization.'"

The National Naval Dental Center is composed of the headquarters here, the Naval Dental School, six branch dental clinics and eight annex clinics.

Story by Dennis L. Everette, editor, The (NNMC Bethesda) Journal

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HEADLINE: CAPT Snyder Takes the Helm at NMC Oakland

NMC Oakland, CA (NSMN) -- On 19 August at Club Knoll, RADM Frederic Sanford passed the helm to his executive officer, CAPT David Snyder, who became Naval Medical Center Oakland's 28th commanding officer with much pomp and circumstance. In the admiral's words, the ceremony was "low-key," but it was also elegant, stylish and attended by a prestigious audience that included a number of flag officers, retired and active duty.

Guest speaker for the time honored ceremony, which formally restates the continuity of command to the officers and enlisted, men and women, of the command, was the deputy surgeon general of the Navy, RADM Harold M. Koenig, MC. "We're here today to witness these two leaders change the watch," he said. "They

deserve the praise and recognition they are receiving for their leadership, as they are both talented and unique people, with the ability to perform the awesome challenge of command."

Sanford's watch was short -- three days short of a year. But it was rich in accomplishments and marked with a number of high level activities: deployments to various places around the globe, including 36 personnel to Fleet Hospital Six in Zagreb, Croatia, in support of the United Nations peacekeeping mission; participation in sea trials; in disaster preparedness drills; and last, but not least, formulation of a base closure plan, which, according to the departing commander, "is as close to being on automatic as we can make it," ready to pass from the planning phase into implementation.

Also on Sanford's list of credits is the formation of the Labor-Management Partnership Council which took on the awesome task of planning and implementing a program aimed at helping civilian personnel face the task of transition when the command is disestablished.

As Sanford's executive officer, Snyder had a hand in all of these accomplishments. After reading his orders, he addressed the audience as the new commander: "I pledge to you that we will carry on all that you have begun with nothing short of our absolute dedication and our very best efforts."

Speaking about the Naval Medical Center's inevitable closure, and addressing the issue raised by Koenig that Navy medicine consists of talented people who remember the past, challenge the present and defy the future, he paid tribute to the historical Oak Knoll. "This place is far more than a group of buildings in the Oakland foothills," said Snyder. "It is far more than the structures on this compound. It is people -- millions of them. For over half a century, people have come here to be healed; and, having been healed, they have gone back into the world revitalized to live eventful and productive lives that might otherwise have been needlessly curtailed. Through them, Oak Knoll lives on.

"Oak Knoll has yet another claim on immortality. Through the years, people have come here by the thousands to learn. These scholars have gone out into the world to serve, and in their turn to teach. Through them, little pieces of Oak Knoll have been seeded all over the world. They will remain and continue to grow even after this compound is closed. They represent the best of Oak Knoll's true legacy."

Story by Andree Marechal-Workman, The Red Rover

-USN-

#### HEADLINE: NMRDC Changes of Command

NMRDC Bethesda, MD (NSMN) -- The August 1994 issue of Naval Medical Research and Development Command's "Outlook" publication listed the following changes:

-- On 20 May 1994, CAPT Larry Dean, MSC, relieved CAPT Thomas N. Jones, MSC, as commanding officer, Naval Health Research Center, San Diego.

-- On 11 August 1994, CAPT Jerry C. Patee, MSC, relieved CAPT Alfred J. Mateczun, MSC, as commanding officer, Naval

Aerospace Medical Research Laboratory, Pensacola, FL

-- On 15 September 1994, CAPT Alfred J. Mateczun, MC, relieved CAPT Richard G. Hibbs, MC, as commanding officer, U.S. Naval Medical Research Unit No. 3, Cairo, Egypt. CAPT Hibbs will report to Naval Medical Research and Development Command, Bethesda, as executive officer.

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4. Observances and events occurring 27 November - 5 December:  
NOVEMBER

27 November: Hanukkah begins at sundown

27 November - 3 December: National Home Care Week (202/547-7424)

28 November 1775: Chaplain Corps established

30 November: E-6 Evaluations Due

DECEMBER

National Drunk and Drugged Driving (3-D) Prevention Month -- Take a Stand! Friends Don't Let Friends Drive Drunk (POC Tom Priesman, 804/444-1470, -3344; DSN prefix, 564; or write to Commander, Naval Safety Center (Code 421), 375 A St., Norfolk, VA 23511-4399.)

Safe Toys and Gifts Month (Sponsored by National Society to Prevent Blindness, 1-800-331-2020)

1-7 December: National Aplastic Anemia Awareness Week (1-800-747-2820)

1 December: World AIDS Day (202/466-4883)

3 December 1945: United Nations Charter signed

3 December: Army-Navy Game (Philadelphia, PA)

5 December: Hanukkah ends

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HEADLINE: National Military Families Recognition Day

THE WHITE HOUSE, Washington (NSMN) -- Following is the Presidential Proclamation designating 21 November as National Military Families Recognition Day:

"Military families play an integral role in ensuring the effectiveness of America's Armed Forces. Without fanfare, they selflessly provide behind-the-scenes support to service members, their units, and commands worldwide. Their devotion to their loved ones, to the military, and to their country is unfaltering.

"Time and again, military families bravely bid farewell as wives and husbands, children and parents depart for missions in far-off, often hostile areas. Committed to preserving freedom and democracy for all of us, these families provide the continuity and stability essential to the well-being of our soldiers, Sailors, airmen, Marines, and the members of our Coast Guard, National Guard, and Reserves.

"Military families face abrupt separations, moves to foreign soil, and tours in isolated locations away from friends. As they adjust to conditions around the world, they learn to do without many of the conveniences that most Americans view as basics. They quickly and adeptly transform unfamiliar quarters into welcoming homes, forming bonds of friendship with others in the unit, sharing in their hopes, dreams, and aspirations.



"Commanders and other Department of Defense leaders have long recognized the paramount importance of families in the retention and readiness of military members. Indeed, America reaps invaluable benefits from the dedication of military families as they support America's mission to promote democracy and to secure peace.

"NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim November 21, 1994, as "National Military Families Recognition Day." I call upon all Americans to join in honoring military families throughout the world and in recognizing their integral role in supporting the men and women who defend the cause of freedom at home and abroad. I ask Federal, State, and local officials and private organizations to observe this day with appropriate ceremonies and activities.

"IN WITNESS WHEREOF, I have hereunto set my hand this fourth day of November, in the year of our Lord nineteen hundred and ninety-four, and of the Independence of the United States of America the two hundred and nineteenth.

"-- William J. Clinton"

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793, DSN 294-0793. FAX (202) 653-0086, DSN 294-0086. E-MAIL NMCOENL@BUMED10.MED.NAVY.MIL//

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